

NEWS & VIEWS

Ringling in a New Year 2017

**A Note from: Annmary I. Connor, LICSW
Director of Elder Services**

We have changed the design of the newsletter and hope you enjoy the fresh appearance. We intentionally move items around in the newsletter each month so you will look through it, and we hope something will catch your eye.

As we embark on a new year, you will see many new projects. In January, we welcome you to join some great programming. Some of the current FREE happenings include: Memory Café, Bereavement Support Group, Walk the Gym, and Monday 8 am SOS exercise. Check out the newsletter for more! Congregate meals will be hosting new offerings, check out the menu. Please make sure you sign up for this \$2.50 suggested donation lunch. Check out our transportation section to learn what's new in transportation. We are welcoming a new intern, Lynn Brown from Simmons College School of Social Work, who will be joining us on Mondays and Thursdays.

In December, The Center made \$1,900 on the Christmas Fair. We appreciate all of the hard work so many volunteers, staff and supporters gave for this great event. This money goes into our programming costs to help pay for new folding tables, medical rides and our FREE programming.



Mission Statement:

To provide individuals, regardless of background, the opportunity to seek and readily find fulfillment and growth through programs and services that nurture mind, body and spirit.



In This Issue

- Special & Community Events
- Caregiving
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- Exercise Classes
- Boomer Venture
- Health & Wellness
- Andover FRIENDS

Special Monthly Events

Computer Users' Group

Monday, January 9; 1:30 pm; Microsoft Word basics

We will cover some of the basics of creating and editing documents.

This group meets the second Monday of each month at 1:30 pm at Memorial Hall Library to share information and helpful hints on computer use. Call Karen to add your name to the email list.

TRIAD Program

Thursday, January 12; 10 am

Triad is a joint collaboration between The Senior Center at Punchard, Andover Police Department, Essex County District Attorney's Office, and the Essex County Sheriff's Department. It is designed to enhance the delivery of law enforcement services to older persons through crime prevention and education programs. The TRIAD group is seeking volunteers to assist with identifying, developing, and initiating programming.

Bright Ideas—Round table discussion

Thursday, January 12; 1:30 pm; free;

Led by Jane Gifun and Dot Hollenbeck, with special guest, contractor Tom Rando, offering tips for hiring home and product workers—from A to Z. Bring your list of whom you like & whom you need! Come find out whom your neighbors use for everything from Attic cleaning to Zipper repair! We will explore services for home, car and yard, as well as great services for your beauty routine. Also, learn about the new youth program for leaf and snow removal! Bring your list – both what you need and whom you like!

FBI—Firsthand!

Friday Speaker Series

Friday, January 13; 8:30 am; \$4

Join us for breakfast as Special Agent Jay White (Retired) speaks about his experiences working on the Boston Division of the FBI's Joint Terrorism Task Force from September 11, 2001, until his retirement. This will include his involvement with the 9/11 investigation, as well as terrorist matters investigated jointly with the security services from Canada and the Russian Republic.

Tax Talk

Friday, January 20; 9:30 am

Do you have a question about what you can write off? Are your medical bills sky high? What income needs to be reported? Do you have lottery winnings and a large box of losing tickets? Debbie Cutrona has 35 years of experience preparing tax returns and representing clients before the IRS.

Happy Birthday to You!

Friday, January 20; 11:30 am; third Friday of every month.

This event is open to everyone. This is part of the congregate lunch, so be sure to sign up. Please join us in celebrating your birthday (and those of your friends!). Let us know at the front desk if this is your birthday month, and you will be entered into a drawing for a prize. (You must be in attendance to win.) Starting at 12:15 pm, Paul Wayne will be our entertainment, courtesy of the Andover Senior Community FRIENDS Inc.

Brown Bag

Elder Services of the Merrimack Valley, Boston Food Bank, and The Senior Center at Punchard (C@P) are expanding the Brown Bag program. This is FREE to anyone 60+ with an income less than \$21,978 for a single person or \$29,637 for a couple, or on Mass Health, Chapter 115, food stamps or fuel assistance. This grocery bag is available on the fourth Tuesday of the month at 9:15 am and must be picked up by 10:15 am. Call Annmary or Kristine to sign up or see if you are eligible.



“SHOP” Sewing Group

Wednesdays; 9 am

No experience necessary

“Write Stuff”

Tuesdays; 10 am. Join the Writing Group

Model Building

Wednesdays; 9 am

Join a group of model enthusiasts. Bring your own project, and enjoy the camaraderie. Even if you've not made one since you were 10, it's fun!

Fun Classes

Chinese

本中心的《英文月报》
(News & Views) 另附有
《中文简讯》，而且都将分
送到您的住处；您也可在本中
心网站查阅，或者电邮给您。

若需电邮，请把邮址传给
Chris 女士，登记索要《中文
简讯》，即 email to:
chris.marshall@andoverma.us

Translation of above state-
ment

We offer a brief summary of
our monthly newsletter for
you in Chinese. These will be
distributed to housing, on our
web site or if you would like
we can email them to you.
Please give your email to
Chris Marshall
chris.marshall@andoverma.us
to sign up for the Chinese
summary.

Thank you.

Special Monthly Events

Health Communication:

Regaining a Sense of Control During Times of Uncertainty

Mondays, January 23, 30, February 6, 13; 1:30–2:30 pm

How does communication among friends, family members, professionals and others influence an individual's well-being? How do health and illness shape communication and relationship dynamics? What are the stigmas and stereotypes within healthcare, as portrayed by advertising campaigns and education/promotion efforts that deeply affect the ways we personally experience illness? Presented by and based on current research by Andrew C. Tollison, PhD, Assistant Professor of Communication Arts & Sciences, Merrimack College.

Memory Café

Monday, January 23; 10 - 11:30 am; free and open to all; 3rd Monday of the month – snow date is the 4th Monday

Bring your loved one who maybe experiencing memory loss. This is funded through a grant from the Mass. Department of Developmental Disabilities. This program will be held from January to March in the morning and from April to June in the afternoon.

Immigration: Impact on Immigrant Families

Thursday, January 26; 1:30 pm; \$3

President-elect Trump has denounced undocumented immigrants and vowed to deport them. But who are these 11 million undocumented immigrants, where are they from, what work do they do, what social services do they use and what taxes do they pay? This workshop will provide data to profile this population in both Massachusetts and the nation and interactively explore the impact of deportation on immigrant families and children, especially among mixed status families and immigrant youth brought here as children. Marcia Hohn, former director of Public Education Institute.

Emergency Preparedness: Developing a Plan

Friday, February 3; 9:30 am

The likelihood that you and your family will survive a house fire depends as much on having a working smoke detector and an exit strategy, as on a well-trained fire department. The same is true for surviving other emergencies. Be prepared by evaluating your own personal needs and making an emergency plan. Joanne Belanger of the Andover Health Department will present.

Intergenerational Literacy Project with Wood Hill Middle School

Thursday, February 16; 9–10:30 am; at The Center at Punchard.

41 seniors needed! Please sign up at The Center.

Join sixth-grade students from Wood Hill Middle School as they embark on a literacy program to learn about developing community. As part of that program, they will write letters to our seniors and then meet with us to share “artifacts” from their life – and ours. Afterward, they will create a mural at the school, which will incorporate what they have learned from reading the book, “The Egypt Game,” as well as from talking with us. In April, they will share all this with us at Wood Hill Middle School, as we enjoy a tea party together.

Drop in Groups (Free & Fun)

Book Club

Thursday, January 26; 1:30 pm

"Accidents of Marriage" by Randy Susan Meyers. Books are available one month before the next meeting. New members are always welcome.

Monday Movie Matinee: Free movies on Mondays at 1 pm. Popcorn and sodas available for purchase.

- Jan. 9: Money Monster with Sandra Bullock and George Clooney
- Jan. 23: Nice Guys –American mystery-crime thriller
- Jan. 30: Nebraska with Bruce Dern

Fun and Games– Tuesday-Friday 1-4pm. We play games! Meet your friends or make new ones at the Senior Center. Volunteers are on-hand to teach and play games such as canasta, cribbage, bridge and 45's. For Bridge, drop in on Tuesdays.; Adult coloring books -Wednesdays.

Craft Corner: Thursdays at 9:30 am

Fiber Arts: Wednesdays at 10 am

Knit Wits: Wednesdays at 1 pm

Mindfulness Meditation: Fridays from 3 - 3:30

Open Studio Art : Wednesdays and Thursdays at 9:00 am. No instructor, but you will trade ideas and informally learn from your peers. Bring your choice of medium and help us build up this drop-in group.

Ping Pong: Fridays at 2 pm.

Intergenerational programs

Leaf Raking

This program is designed to aid individuals on a fixed income. We ask that you either have a wooded area that the leaves can be tarped and dumped, or please provide leaf bags. These youth workers are volunteering their time, and staff members from the Cormier Youth Center are supervising them through a grant from Andover Home for the Aged. To develop sustainability for the program, there is a suggested donation.

Snow Shoveling

This program is designed to aid individuals on a fixed income to obtain basic snow removal for pathways only. Our goal is to ensure your home has two safe egresses. If your vent for the furnace needs to be shoveled out, please inform the staff members supervising the youth workers, who will see if this can be safely accessed. The youth workers will not arrive right when the snow falls. Rather, they will come when they can safely get to your home, and when they are not in school or away. You will be placed on a list, and we will do our best to match you with a youth in your neighborhood. Sand will be provided for light sanding, but please advise us if you do not want sanding. These young people are volunteering their time and staff members from the Cormier Youth Center are supervising them through a grant from Andover Home for the Aged. To develop sustainability for the program, there is a suggested donation. Call Kristine or Annmary for more details or to sign up for this program.

Mass State Senator

Monday, **January 23**; 8:30 am.

Bring your questions for the monthly office hours held by Senator Barbara L'Italien and her staff.

Concert

Mistral: Love in the Belle Epoque: Valentine Concert

Sunday, February 12; 5 pm; West Parish Church; featuring Faure, Debussy, Durufle and Franck; \$15 tickets available at The Center.

POSTAGE STAMPS

Did you know that books of postage stamps are available at The Center at Punchard?

Just stop by the front desk!

Gift Cards for The Center's

programs are always available in any amount. Ask about them at the front desk. They make great gifts for family, friends or the person who has everything!

Mailing of the newsletter to all senior homes will be done in February when all the new programs coming out.

Tidbits ... and More

Recorded Calls from the Director

Robo Calls

You may receive pre-recorded "robo" calls from the director or staff of The Center. Because the newsletter is sent to the printer in the middle of the month, information about subsequent errors or changes needs to be disseminated to all of you. This is a means to get you important information or speak of upcoming events. The phone numbers are random numbers that come out of our software. Although we urge you to listen, you may simply hang up on these messages or not answer them.

These calls originate from a computer based out of Cambridge.

Clinic Space

A new health clinic space has been designed to increase privacy. It located at the end of Room 3, accessible just after the doors by our library.

Health & Wellness

Foot Care

Foot care appointments (nail clipping only) are available for Andover residents, with a limit of one appointment every other month. The fee is \$10. Call The Center to make your appointment on the first day of the month.

Tuesday, January 17, afternoon appointments
Wednesday, January 25, morning appointments

Bereavement Support Group

Thursday, January 5; 1:30 pm.

Please call the front desk to put your name on the list. Join others in this support program designed to provide help coping with the loss of a loved one. Learn new ways together to carry on traditional ways of doing things and figure out how to commemorate these days that can trigger a lot of emotion. Lois Marra of Home Health VNA Hospice will facilitate this new monthly support group.

Parkinson's Support Group

Thursday, January 12; 1:30-3:00pm

Second Thursday of the month, September through June; 1:30-3 pm at The Center. Please call Kristine Arakelian, outreach coordinator, to confirm your attendance or for further information. This is an open group and all are welcome.

Residential Lock Box

Free of charge! If you would like a lock box placed on your home, please contact Annmary, Kristine or the Andover Fire Department for applications. The lock box is for emergency services to access your home to aid you if you fall, lose your keys or need emergency assistance.

Medication and Syringe Disposal

Medication disposal is available at the Andover Police Department.

Syringe disposal is available at The Center at Punchard and the Andover Police Department Public Safety Building, 32 Main Street.

Questions? Call the Andover Police Department at 978-475-0411.

Pain Management Support Group

Monday, January 9, 1:30 pm

This monthly group usually meets the second Monday of the month, from September through June at 1:30 pm. This intimate and confidential group is open to anyone who is dealing with chronic pain management issues. Newcomers are always welcome. Be sure to call to register.

Facilitator: Gerry Rainville, RN, MSN

Wellness Clinics

Wednesdays; 2:00 pm.

Stop in for a blood pressure and weight check with our trained nurses. They are here to help you manage your day-to-day health needs.

SHINE (Serving Health Information Needs of the Elderly)

This free and confidential counseling service helps individuals understand their Medicare insurance benefits and other health insurance options. The SHINE counselor can assist you in becoming a more informed consumer, by presenting you with accurate and unbiased information. SHINE counselors are trained and certified by the Executive Office of Elder Affairs in topics including Medicare, the Medicare appeals process, Medigap insurance, retiree insurance plans, long-term care insurance, Medicaid and health care programs. The SHINE counselor is available for individual appointments or by phone. Meetings are held at The Center at Punchard. Call The Center for a counselor to contact you.

Winter Session: Nov. 21-February 10

Breath, Balance and Body Wellness

Tuesdays, Nov. 22 - Feb. 7; 2 pm; \$48

Line Dancing

Tuesdays, Nov. 22 - Feb. 7; 2:15 pm; \$48

Beginners Brush-Up - 2:15 pm; entire group - 2:30 pm;

Intermediate Challenges - 3 pm

Men and Women in Motion

Tuesdays, Nov. 22 - Feb. 7; 8 am; \$42

Thursdays, Nov. 24 - Feb. 9; 8 am; \$38.50

Sit and Get Fit

Tuesdays, Nov. 22 - Feb. 7; 10:15 am; \$42

Fridays, Nov. 25 - Feb. 10; 10:15 am; \$38.50

Strength Training

Wednesdays, Nov. 23 - Feb. 8; 8:00 am or 8:45 am; \$42

Fridays, Nov. 25 - Feb. 10; 8 am or 8:45 am; \$38.50

Strengthen and Stride

Tuesdays, Nov. 22 - Feb. 7; 9 am; \$42

Thursdays, Nov. 24 - Feb. 9; 9am; \$38.50

Tai Chi: hiatus from Dec. 15 - Jan. 12

Beginners: Tuesdays, 1:10 - 2:10 pm; Nov 22, Nov. 29, Dec 6,
Dec.13, Jan 17, Jan 24, Jan 31, Feb 7; \$28

Intermediate: Thursdays, 1:10-2:10 pm; Dec. 1, Dec. 8, Jan. 19,
Jan 26, Feb 2, Feb. 9; \$21

Tap Dancing Basic

Wednesdays, Nov. 23 - Feb. 8; 9:35 am; \$42

Tap Dancing Performance

Wednesdays, Nov. 23 - Feb. 8; 12:45 pm; \$42

Yoga Beginners

Tuesdays, Nov. 22 - Feb. 7; 10:30 am; \$42

Yoga Intermediate

Wednesdays, Nov. 23 - Feb. 8; 12:45 pm; \$42

Ask about enrolling in partial sessions using a punch card.

Rhythm-Aires

Mondays, November 21 - February 6; 10:15 am; \$8

Sunrise Singers

Mondays, November 21 - February 6; 9 am; \$16

Wood Carving

Mondays, November 21 - Feb. 6; 9 am; \$20

Some instruction is provided for beginners. See how engrossing it is.

Walk the Gym: The Cormier Youth Center

Every Tuesday and Thursday through May 12, the gym is open from 9-10:30 am for you to exercise by walking the gym, regardless of the weather.

FREE Exercise Class

SOS: Seniors On Strength

Sponsored by Atria Marland Place

Free of charge with registration limit 20

Mondays, December 12 -

February 6; 8 – 8:45 am

S.O.S. is a dynamic combination of strength development and cardiovascular conditioning for the active older adult. This workout challenges all major muscle groups, mixing in great music that will inspire you to get the results you want. This fun class is designed to increase strength and range of movement, concentrating on balance, coordination, agility and flexibility.

Check for openings!

Instructor: Terri Guenard from

Atria Marland Place

Lunch Box

Sandwiches and Salads,
Breakfast Items, Beverages,
Desserts, Daily Specials

Check out our menu at:

www.andoverseniorcenter.org

Orders must be placed
by 1 pm
and picked up by 4 pm.

Women's Outdoor Adventures

Hiking or snow shoeing, depending on conditions

Thursday, January 19
Goldsmith Reservation

Thursday, February 16
Berry Pond

Get in touch to add your name and email to their list.

All hikes meet at The Center at Punchard at 9 am and are subject to change due to weather and conditions.

Any cancellations or changes will be communicated by email and/or phone to those registered. All participants need a health release form on file at The Center, updated annually.

Bring binoculars, water, and walking stick and wear sturdy shoes or hiking boots.

Men's Outdoor Adventures

Hibernating until the spring.

Transportation



Let George and Shawna drive you to The Center, Grocery Shopping, Walmart & More

New fee schedule will be starting in February for all transportation

Please call Carol at 978-623-8323 for scheduling.

Medical Transportation

Transportation to medical appointments is available. A minimum of one week advance notice is required. Contact Carol for more details and donation information. Because the current donation pricing does not cover the cost of the trips, increased pricing will start in February. All current med-trans clients will be mailed a letter with new pricing.

Grocery Shopping

Door-to-door service – We pick you up at your house and bring you home. Wednesdays - Market Basket grocery shopping, \$4 round trip. This trip cost will increase to \$6, starting in February.

Daily Ride to The Center

Daily trip fees to The Center will increase in February to \$3 each way or \$5 round trip.

Townie Trips

Starting in January, The Center will offer new Thursday Andover Townie trips – travel in town between 9:30 am and 2:30 pm. Want to get your hair done, go out to lunch, go to a friend's house or go to the library? The cost is \$4 one way or \$7 round trip, with a minimum of a one-hour stay at your destination. We ask that you book by Tuesday at noon.

Monday Fun Trips, 10-2pm

\$8.00 round trip (\$10 effective on February 1, 2017). Sign up to reserve your seat on the bus.

January 9th
North Reading Shopping Plaza
Marshalls, Walmart, Dollar Tree

January 23rd
Burlington Mall

The Andover Senior Community FRIENDS, Inc.
c/o The Center at Punchard
30 Whittier Ct. : Andover, MA 01810

NAME: _____
ADDRESS: _____
CITY: _____ STATE _____
ZIP CODE _____
TELEPHONE: _____ CELL PHONE: _____
EMAIL: _____

MEMBERSHIP:
Senior/Student \$10 _____ / Individual \$15 _____ /
Family \$30 _____ / Patron \$50 _____
Benefactor \$100 _____ Other _____

Help the FRIENDS support the programs at the Center at Punchard.
Come enjoy a trip or two. Check out all we do! The FRIENDS are a 501c3

SMILE

Did you know that orders you place with Amazon can benefit the Andover Senior Community Friends (ASCF). Just log into Amazon Smile (either Google it or type smile.amazon.com into the browser) and type in the name Andover Senior Community Friends as the non-profit organization. A portion of your purchase will be donated to ASCF. What better way to benefit the Senior Center at Punchard, which the Friends support.

The Andover Senior Community FRIENDS, Inc.

FRIENDS' TRIPS

Advanced Registration at The Center
Checks should be made payable to ASCF

Eataly & the Top of the Pru

Thursday, January 19; 9:30 – 3:30 pm; \$41/39* includes the Acoustaguide Audio Tour. Lunch on your own. Visit the market that features both local and Italian food, as well as carefully sourced artisanal Italian and small-scale farm products of the region. Prior to exploring Eataly, visit Boston's stunning 360-degree view at the top of the Prudential.

Wayside Inn & Country Store, Sudbury

Tuesday, February 21; 10 am – 3:30 pm; \$45/43*

*Members of the ASCF receive a \$2 discount. Trip reservations are considered final and non-transferable. A refund will be issued only if a waiting list exists and we can fill the space.

Become a Member

The Andover Senior Community FRIENDS is a non-profit organization whose purpose is to promote, support and sponsor programs at the Center at Punchard. By becoming a member of the FRIENDS you will help to make this possible.

Members of the FRIENDS also receive a \$2 discount on the bus trips sponsored by the FRIENDS.

Please join us by sending your tax-deductible contribution to:
Andover Senior Community FRIENDS
c/o The Center at Punchard
30 Whittier Court
Andover MA 01810

Volunteers

The Andover Senior Community FRIENDS is always looking for volunteers – one for recording secretary and someone to do press releases and related promotions. This would require an early morning meeting once a month with a group of interesting people. For more information, contact Ann Cobleigh 978-387-7160. Officers: Ann Cobleigh, President; Dan McDuffie, Treasurer; Ann O'Sullivan, Clerk.



Loving Life



ANDOVER CHRONICLERS

Watch Andover's award-winning TV show
"There Is Something About Andover"

"There Is Something About Andover" is a 30-minute TV show that features stories of interest to all Andover residents, airing on local access TV.

Sponsored by The Center at Punchard and produced by The Andover Chroniclers, a group of local volunteers, the goal of the program is to inform, enlighten and entertain. "There Is Something About Andover" airs six days a week on Comcast Channel 8 and Verizon Channel 47. Tune in today, and you'll see for yourself why "There Is Something About Andover!"

Sunday, Monday and
Tuesday at 9 am;

Wednesday and Saturday at
7 pm;

Friday at 6:30 pm.



Monthly Birthday Party Celebration • Next one 1/20/17

Happy New Year!

I would like to wish each of you a very Happy New Year from the Andover Community Service Department. When Annmary Connor asked me to write something for the newsletter I began to write down the many the changes that the Senior Center at Punchard has gone through this past year. After reading the long list of changes, I started thinking that this is not the message I wanted to convey to everyone as we enter 2017. We all know there has been changes to the Elder Services Division this past year, and I am sure we can all agree that 2017 will probably bring some additional changes. Instead the message I would like to convey is the spirit of determination and dedication I have seen from fellow staff, the many volunteers, and from those that visit and use the Senior Center on a regular basis. It can all be summed up in the words of my favorite poem:

Don't Quit

When things go wrong as they sometimes will,
When the road you're trudging seems all up hill,
When the funds are low and the debts are high
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest if you must, but don't you quit.
Life is strange with its twists and turns
As every one of us sometimes learns
And many a failure comes about
When he might have won had he stuck it out;
Don't give up though the pace seems slow—
You may succeed with another blow.
Success is failure turned inside out—
The silver tint of the clouds of doubt,
And you never can tell just how close you are,
It may be near when it seems so far;
So stick to the fight when you're hardest hit—
It's when things seem worst that you must not quit.

~John Greenleaf Whittier

Happy New Year and Best Wishes for a Healthy and Happy 2017!

Joe Connelly, Director of Community Services

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Regularly Scheduled Programming

The programming below is weekly, some exceptions during semester break weeks & holidays

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
9:00 Town House Drop-In	8:00 Men/Women in Motion	8:00 Strength Training	8:00 Men/Women in Motion	8:00 Strength Training
9:00 Sunrise Singers	9:00 Town House	8:45 Strength Training	9:00 Strengthen & Stride	8:45 Strength Training
9:00 Woodcarving	Drop-In	9:00 Town House Drop-In	9:00 Art Drop-In	9:00 Town House Drop-In
9:00 Quilting	9:00 Strengthen and Stride	9:00 Model Building	9:00 Current Events @ OTH Drop-In	10:15 Sit and Get Fit
10:00 Massage by Appointment	9:00 Walk the Gym	9:00 Art Drop-In	9:00 Walk the Gym	1:00 Piano Lessons
10:15 Rhythm-Aires	10:00 Writing Group	9:00 "SHOP" Group	9:00 Craft Group	1:00 Fun and Games
1:00 Piano Lessons	10:15 Sit and Get Fit	9:35 Basic Tap	9:30 Tai Chi - Inter.2	1:00 ESL lessons
1:00 Movie Matinee	10:30 Beginner's Yoga	10:00 Fiber Arts	1:00 Fun and Games	2:00 Ping Pong
3:30 BV Energize with Exercise	1:00 Fun and Games	10:00 Grocery Shopping	1:00 Duplicate Bridge	3:00 Mindfulness Meditation
	1:00 Social Bridge Drop-In	12:45 Performance Tap	1:10 Tai Chi - Inter.2	
	1:10 Tai Chi - Beginner	12:50 Legacy	2:15 Tai Chi—Inter.1	
	2:00 Breath, Balance and Wellness	1:00 Knit Wits	6:00 Reflexology	
	2:15 Line Dancing	1:00 Piano Lessons	6:00 Belly Dancing	
		1:00 Fun and Games	6:30 Screening Room	
		1:00 Adult Coloring	7:15 Serenity Yoga	
		12:45 Yoga-Inter.		
		2:00 Wellness Clinic		

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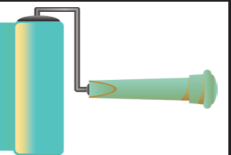
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Andover Senior Center, Andover, MA 06-5052

January 2017 Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED NEW YEAR'S HOLIDAY	3 Lunch: Chicken Breast Stuffed	4 Lunch: Beef Stew	5 Lunch: Chicken Pot Pie 1:30 Bereavement Support Group	6 Lunch: Tilapia w/ lemon sauce
9 Lunch: Shepherds pie 8:00 Free Exercise Class 1:00 Fix It Shop 1:30 Pain Mgmt Support Group 1:30 Computer Users Group	10 Lunch: Chicken Drumsticks 9-10:30 Walk the gym	11 Lunch: Meatloaf	12 Lunch: Chicken Pesto 8:30 COAB Meeting 9-10:30 Walk the gym 10:00 TRIAD Meeting 1:30 Parkinson's Group 1:30 Bright Ideas 6:30 Estate Planning	13 Lunch: Stir Fry 8:30 Speaker Series: FBI
16 CLOSED MARTIN LUTHER KING DAY	17 Lunch: Lemon Scrod 9-10:30 Walk the gym 12:30 Podiatry	18 Lunch: Chicken Stir Fry 9:30 Caregiving Support Group	19 Lunch: American Chop Suey 9-10:30 Walk the gym 9:00 Women's Outdoor 9:30 Eataly-Friends Trip 6:30 Asset Protection	20 Lunch: Pot Roast 9:30 Tax Talk 11:30 Monthly Birthday luncheon
23 Lunch: Chicken Marsala 8:00 Free Exercise Class 8:30 State Senator 10:00 Memory Café 1:00 Fix It Shop 1:30 Health Communications	24 Lunch: Low Sodium Hot Dogs 9-10:30 Walk the gym	25 Lunch: Open Faced Roast Beef 9:00 Podiatry	26 Lunch: Baked Chicken w/Sun dried Tomato sauce 9-10:30 Walk the gym 1:30 Immigration Impact 7:00 Drumming	27 Lunch: Stir Fry
30 Lunch: Chicken Parmesan 8:00 Free Exercise 1:30 Health Communications	31 Lunch: Spinach Pie 9:30 Brown Bag pick up 9-10:30 Walk the gym	LUNCH REGISTRATION: Phone reservations will be taken until 2:00 p.m. the day before you wish to come. Better yet, make your reservations on the touch screen in the lobby. Need help with that, just ask the greeter.	When your table is called up for lunch, place your envelope in the box on the counter with your lunch donation. The suggested donation is \$2.50	MENU SUBJECT TO CHANGE WITHOUT NOTICE

New web page - it is a work in progress: <http://andoverma.gov/227/Elder-Services-Center-at-Punchard>

The Senior Center at Punchard

Town Manager
Andrew P. Flanagan

Director of
Community Services
Joseph Connelly

The Senior Center Staff
Director
Annamary I. Connor, LICSW

Outreach Coordinator
Kristine Arakelian, LCSW,
MPH

Senior Connections
Sharon Thomson, RN
Linda Lambert

Program Coordinator
Karen Payne-Taylor

Office Staff
Christine Marshall, Editor
Andrea Zaimes

Nutrition Staff
Frank Melendez, Chef

Transportation/Intake
978-623-8323

Shawna McCloskey
Carol Howe
George Perakis

Meals on Wheels
978-623-8332

Council on Aging Board
Meets at 8:30 am on the
2nd Thursday each Month
All are Welcome!
The Council can be reached
via email at:
first.last@andoverma.us

Margaret O'Connor, Chair
Kenneth DeBenedictis, Vice
Chair

Jane Gifun, Secretary
Molly Bicking
Kathleen (Kaye) Devanna
Joan Fox
Tana Goldberg
Joseph Ponti
Kimberly Rainen
Thomas Rando

Center Hours
Monday - Friday
8 am - 4 pm
Thursday Evenings for
BoomerVenture Campus
6 pm - 9 pm



Boomer Venture

Energize with Exercise

Thursdays, January 12—February 9; 3:30 pm; great aerobic/weight training workout ending with a meditative cool-down; \$27.50.

BV Screening Rooms: Thursdays at 6:30

January 5:	Presenting Princess Shaw
January 12:	Theeb
January 19:	Our Little Sister
January 26:	King Georges
February 2:	Spellbound
February 9:	A Man Called Ove

Get Your Ducks in A Row: What you really need to know to prepare for the second half of life. 6:30-7:30 pm. Free of charge with registration. Join Karol Bisbee, Elder Law Attorney and RN in this essential, thought-provoking series.

January 12:	Demystifying Estate Planning
January 19:	Asset Protection: Trusts and Real Estate
February 2:	Planning with Life Insurance, Long Term Care Insurance and Retirement.

Community Drum Circle

Thursday, January 26; 7-8 pm; \$7. Drum in the New Year and shake off those winter blues! A variety of percussion instruments, West African and Japanese drums will be available for you to use. No prior experience necessary. Join us to have fun and reduce stress in this fabulous uplifting event. Monique Morimoto of SoullWorksRhythm will facilitate.

Reflexology with Uli Kapp

Thursday evenings. \$1 per minute, in 15 minute intervals. Refreshing, healing therapy for hands or feet. Must register the day before to hold spot.

BOOMERVENTURE

Senior Connections: an engaging program creating meaningful days

Andover Elder Services is pleased to report that there are currently openings in the Senior Connections program. Senior Connections is a dynamic program that provides structure and support to older adults in a nurturing and respectful environment. Senior Connections offers a dynamic community presence that is woven into the fabric of Andover. Participants in the Senior Connections program will enjoy daily activities, fun games, outings, and so much more. Residents from surrounding communities are also welcome to join our Senior Connections supportive day program.

Senior Connections is open Monday through Friday, 8 AM to 4 PM.

Affordable transportation is available for Andover residents. For more information, contact Outreach Coordinator Kristine Arakelian,

978-623-8320,

Free Trial Day For New Senior Connections Participants:

We invite new interested individuals and families to take advantage of our FREE trial Day for Senior Connections. This is open to all NEW people who are considering services from our engaging program. A full intake packet must be done prior to the start of the FREE trial day. Senior Connections accepts private pay and is part of the Elder Services of the Merrimack Valley contract.

You may also schedule a tour in advance by calling and asking for Linda, Kristine or Annmary.

Special Classes & Items

Fix it shop:

*January 9th at 1pm

*January 23rd at 1pm

Lamps (new cords & sockets), Small Appliances, Chairs, Small Tables and Everything Else - we'll give it a shot. **Cost:** \$4 plus parts for seniors (ID required), \$10 plus parts for non-seniors/non-residents, \$2 diagnostics fee

Duplicate Bridge

Thursdays, Dec 1 - Feb. 9; 1 pm; \$22; Learn in a fun, informal setting. Intermediate bridge skills are required as well as partners.

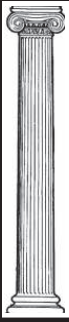
Play Piano!

Ever wish that you had learned piano, or continued those lessons of long ago? Just say "yes I can!" Half hour piano lessons are offered here at the center and the first lesson is free of charge. A block of four lessons costs \$132. Please call (978)623-8321 to set up your complimentary lesson. Space is very limited.

Disclaimer

The Senior Center, Andover Council on Aging and Town of Andover do not endorse, suggest or advocate any views or positions presented. They disclaim any responsibility and any liability with respect to the advocacy, adoption, use or implementation of any views, positions or method suggested, advocated or otherwise promoted by any lecturer.

The Senior Center receives partial funding for this newsletter from the Commonwealth of Massachusetts Executive Office of Elder Affairs and through the generous advertisers. We ask that you thank our advertisers. We thank taxpayers for supporting The Senior Center. Upon request, auxiliary aides will be provided to ensure effective communications and participation in Andover Elder Services programming as specified in the Americans with Disabilities Act.



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HELP! Medicare Open Enrollment ended on December 7th: I still have a problem!

"My Medicare drug plan is too expensive! Can I still change my Plan?"

If you have a Medicare Advantage Plan:

between January 1 and February 14, you can leave your plan and switch to Original Medicare (A & B), but you cannot switch to another Medicare Advantage Plan. However, you can join a Medicare Prescription Drug Plan and a supplement or "Medigap" Plan.

If you have Prescription Advantage you can change your drug plan one time per year.

If you have "Extra Help" to pay for prescription drugs or MassHealth, you can change every month.

"My new plan doesn't cover one of my medications!" You are entitled to a "transition supply" -- a one month (30-day) refill.

In the meantime, call your doctor to change medications. Use the new plan's drug formulary to choose a medication that is on the list...(or you could change plans. See above.)

"My generic medication is now a Tier 4 and costs a lot more!"

Ask your doctor to contact the plan to request the previous Tier co-pay amount. (Or you could change plans. See above)

For these and other questions about your options call a SHINE (Serving Health Insurance Needs of Everyone...on Medicare) health benefits counselor. They offer free, confidential counseling on all aspects of health insurance and are available to meet you in your town. Call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. SHINE is funded by the federal Administration on Community Living and is managed by the Executive Office of Elder Affairs in coordination with local organizations.

Fuel Assistance Applications:

Contact Kristine or Annmary to schedule an appointment to complete fuel assistance applications.

Residential Lock Box

FREE OF CHARGE! If you would like a lock box placed on your home, please contact Annmary, Kristine or the Fire Department for applications. This is in the event emergency services needs to access your home to aid you. (i.e. fall, lost your keys)

Thank you !

We had a successful Christmas fair and raised over \$1,900—profit!

We would like to thank the volunteers for their countless hours of commitment along with all our donors.

As you travel around town please make sure you thank those organizations that sponsor us through the newsletter and events.

Foul Weather Policy:

When Andover Public Schools are closed for weather related issues, The Andover Senior Center at Punchard is also closed for all programs, activities, classes, lunch, and Meals on Wheels deliveries.

When Andover Public Schools are delayed, our semester programs are cancelled for that time period only. If an exercise class, you will be given a make-up. If a drop in group, please drive safely if you plan to join us. We will be open as usual. School cancellations are announced on TV stations 4, 5, and 7, Andover cable channel 10, as well as radio station WCCM, beginning about 6 am. Please listen to these stations in the morning for announcements.

Andover Elder Services
36 Bartlet Street
Andover, MA 01810